

## ABSTRAK

Nama : Ratih Dwi Puspita Sari  
NIM : 20210301230  
Program Studi : Kesehatan Masyarakat  
Judul : Studi Deskriptif Stres Kerja Dan Beban Kerja Pada Perawat Rawat Inap Ditinjau Dari Aspek DASS-42 Dan NASA TLX Di Rumah Sakit XYZ Kota Bekasi Tahun 2023

Hasil studi pendahuluan dengan menggunakan *Depression Anxiety Stress* terhadap 8 orang perawat rawat inap yakni 6 orang (75%) mengalami stress kerja dan 2 orang perawat (25%) tidak mengalami stress kerja/normal. Tujuan penelitian ini untuk mengetahui Gambaran stress kerja dan beban kerja pada perawat rawat inap di Rumah Sakit XYZ Kota Bekasi Tahun 2023. Penelitian yang digunakan yaitu kuantitatif deskriptif. Pengumpulan data dilakukan dengan menggunakan data primer yaitu menggunakan alat ukur berupa kuesioner DASS-21 dan *NASA TLX*. Populasi dan sampel pada penelitian ini sebanyak 35 perawat rawat inap. Hasil penelitian stress kerja kategori normal sebanyak 16 perawat (46%), stress kerja sedang sebanyak 13 perawat (37%), stress kerja berat 5 perawat (14%) dan tidak terdapat perawat dengan kategori stress kerja sangat berat. Sedangkan beban kerja diperoleh bahwa beban kerja agak tinggi sebanyak 22 perawat (63%), beban kerja tinggi sebanyak 11 perawat (31%), Beban Kerja Sedang 2 perawat (6%) dan tidak terdapat perawat dengan golongan beban kerja rendah dan beban kerja sangat tinggi. Beban kerja tinggi terjadi di ruang *Amaryllis* sebanyak 9 perawat (25,7%). Dari hasil pembobotan dan rating alat ukur NASA TLX indikator beban kerja yang memiliki skor tertinggi yaitu Indikator *Performance* (OP) dengan total skor berat beban kerja sebesar 426,67. Beban kerja tertinggi terjadi di ruang rawat inap *Amarily* hal ini disebabkan karena pasien ruangan tersebut terdiri dari kelas 1, kelas 2 dan kelas 3 dengan jaminan kesehatan BPJS Kesehatan dan juga dengan kriteria rawat penyakit umum sampai dengan ibu melahirkan. Rekomendasi peneliti, dilakukan pelatihan komunikasi dan *team work*, rotasi unit tugas dengan unit tugas yang setara seperti ruang rawat inap *Bougenville* atau *Chryasant*, pelatihan manajemen stres dan program kesejahteraan mental dapat diimplementasikan untuk membantu karyawan mengatasi stres dan meningkatkan kesejahteraan para perawat

**Kata Kunci:** beban kerja, dass 42, nasa tlx, stres kerja

## **ABSTRAC**

Name : Ratih Dwi Puspita Sari  
NIM : 20210301230  
Study Program : Kesehatan Masyarakat  
Title : *A Descriptive Study of Work Stress and Workload in Inpatient Nurses Assessed from the DASS-42 and NASA TLX Aspects at XYZ Hospital, Bekasi City in 2023*

*The results of the preliminary study using Depression Anxiety Stress Scale on 8 inpatient nurses showed that 6 nurses (75%) experienced work-related stress, while 2 nurses (25%) did not experience work-related stress or were considered normal. The aim of this research is to determine the description of work-related stress and workload among inpatient nurses at XYZ Hospital in Bekasi City in the year 2023. The study design used is quantitative descriptive. Data collection is conducted using primary data in the form of questionnaires, namely the DASS-21 and NASA TLX instruments. The population and sample in this study consist of 35 inpatient nurses. The results of the study on work-related stress showed that 16 nurses (46%) were in the normal category, 13 nurses (37%) experienced moderate work-related stress, and 5 nurses (14%) experienced high work-related stress, with no nurses falling into the category of very high work-related stress. As for the workload, it was found that 22 nurses (63%) had a somewhat high workload, 11 nurses (31%) had a high workload, 2 nurses (6%) had a moderate workload, and there were no nurses in the low or very high workload categories. High workload was observed in the Amaryllis ward, involving 9 nurses (25.7%). From the weighting and rating of the NASA TLX instrument, the workload indicator with the highest score was the Performance (OP) indicator, with a total workload score of 426.67. The highest workload occurred in the Amaryllis inpatient ward, possibly due to the diverse patient population, including those with various classes (1, 2, 3) and covered by the national health insurance program (BPJS Kesehatan), with a range of medical conditions from general illnesses to childbirth. As a recommendation, the researcher suggests conducting communication and teamwork training, rotating tasks between units with equivalent responsibilities such as the Bougenville or Chrysanth inpatient wards, stress management training, and implementing mental well-being programs to help nurses cope with stress and enhance their overall well-being.*

**Keywords:** *dass 42, nasa tlx, nurses, work stress, workload*